

2ParmesanChicken15

Number of Servings: 15 (62.3 g per serving)

Amount	Measure	Ingredient
31 1/2	oz	Chicken, broiler/fryer, breast, w/o skin, rstd
2.00	tsp	Seasoning, lemon pepper
4 1/4	Tbs	Cheese, parmesan, grated
15.00	ea	Cooking Spray, butter flvr, 1/3 sec spray

Nutrients per serving

Nutrition Facts		
Serving Size (62g)		
Servings Per Container		
Amount Per Serving		
Calories 110	Calories from Fat 25	
% Daily Value*		
Total Fat 3g		5%
Saturated Fat 1g		5%
Trans Fat 0g		
Cholesterol 55mg		18%
Sodium 125mg		5%
Total Carbohydrate 0g		0%
Dietary Fiber 0g		0%
Sugars 0g		
Protein 19g		
Vitamin A 0%	Vitamin C 0%	
Calcium 4%	Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories	2,000 2,500
Total Fat	Less Than	65g 80g
Saturated Fat	Less Than	20g 25g
Cholesterol	Less Than	300mg 300 mg
Sodium	Less Than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g
Calories per gram:		
Fat 9 Carbohydrate 4 Protein 4		

Notes

- * purchase 3 oz AP chicken breasts will = at least 2 oz EP
- WEIGHT given above is COOKED WT - need to buy at least 1/3 more boneless raw wt
- * 1 oz dehydrated or dried lemon peel = 4 Tablespoons

Sprinkle parmesan cheese and lemon peel over chicken breasts before placing them in single layer on sprayed or parchment-lined baking sheets. Spray well with butter flavored non-stick spray. Bake at 350 degrees F for 30 minutes uncovered.

Remove from oven and transfer to counter pans, overlapping to get 25 servings/pan. Add any drippings to counter pan(s) or small amount of water to prevent drying. Cover with foil. Continue baking at 350 degrees F for another 10-15 minutes or until chicken is tender and internal temperature reaches 170 degrees F.

Serve 1 chicken breast = 2 oz meat EP